



October 2017 Underwood School Menu



Mon

Tue

Wed

Thu

Fri

<p>2 BREAKFAST Pancake on stick, Fruit</p> <p>LUNCH Meatballs, Mashed Potatoes/Gravy, Green Beans, Dinner Roll, Fruit Alternate: Sandwich/Chips</p>	<p>3 BREAKFAST Cereal, Toast, Fruit</p> <p>LUNCH Chicken Fajita, Refried Beans, Rice, Lettuce Salad, Fruit Alternate: Salad Bar</p>	<p>4 BREAKFAST Mini Donuts, Yogurt, Fruit</p> <p>LUNCH Hot Ham Cheese, Baked Beans, Cucumbers/Cauliflower, Chips/Salsa, Fruit Alternate: Sandwich/Chips</p>	<p>5 BREAKFAST Cereal, Toast, Fruit</p> <p>LUNCH Popcorn Chicken, Mashed Potatoes/Gravy, Peas, Fruit Alternate: Salad Bar</p>	<p>6 BREAKFAST Cheese Omelet, Toast, Fruit</p> <p>LUNCH French Toast, Sausage Patty, TriTators, Carrot Sticks, Fruit Alternate: none</p>
<p>9 BREAKFAST Mini Pancakes, Fruit</p> <p>LUNCH Cheeseburger, Oven Fries, Carrots/Celery, Fruit Alternate: Sandwich/Chips</p>	<p>10 BREAKFAST Cereal, Toast, Fruit</p> <p>LUNCH Taco in a bag, Toppings, Fruit Alternate: Salad Bar</p>	<p>11 BREAKFAST Wh Grain Long John, Yogurt, Fruit</p> <p>LUNCH Chicken Drumstick, Mashed Potatoes/Gravy, Biscuit, Corn, Fruit Alternate: Sandwich/Chips</p>	<p>12 BREAKFAST Cereal, Toast, Fruit</p> <p>LUNCH Quesadilla, Toppings, Lettuce Salad, Broccoli/Cauliflower, Fruit Alternate: Salad Bar</p>	<p>13 BREAKFAST Egg Bake, Toast, Fruit</p> <p>LUNCH Bag Lunch EARLY RELEASE AT 12:20PM Alternate: none</p>
<p>16 BREAKFAST Bagel, Yogurt, Fruit</p> <p>LUNCH Chili, Crackers, Cheese, Broccoli, Cauliflower, Bun, Fruit Alternate: Sandwich/Chips</p>	<p>17 BREAKFAST Cereal, Toast, Fruit</p> <p>LUNCH Hotdog on bun, Baked Beans, Carrots/Broccoli, Chips, Fruit Alternate: Salad Bar</p>	<p>18 BREAKFAST WG Long John, Cheese Stick, Fruit</p> <p>LUNCH Pizza, Romaine Salad, Cucumbers, Cauliflower, Fruit Alternate: None</p>	<p>19</p> 	<p>20</p> 
<p>23 BREAKFAST French Toast Sticks, Fruit</p> <p>LUNCH Spaghetti, Meat Sauce, Corn, Carrots, Breadstick Fruit Alternate: Sandwich/Chips</p>	<p>24 BREAKFAST Cereal, Toast, Fruit</p> <p>LUNCH Grilled Chicken, Rice, Green Beans, Celery Sticks, Roll, Fruit Alternate: Salad Bar</p>	<p>25 BREAKFAST WG Donut, Cheese Stick, Fruit</p> <p>LUNCH Salisbury Steak, Mashed Potatoes/Gravy, Carrots, Dinner Roll, Fruit Alternate: Sandwich/Chips</p>	<p>26 BREAKFAST Cereal, Toast, Fruit</p> <p>LUNCH BBQ on Bun, Smile Fries, Celery/Carrots, Dip, Fruit Alternate: Salad Bar</p>	<p>27 BREAKFAST Egg Bake, Toast, Fruit</p> <p>LUNCH Hoagies, Baked Beans, Potato Salad, Chips, Fruit Alternate: none</p>
<p>30 BREAKFAST Waffles, Fruit</p> <p>LUNCH Hamburger/Bun, Toppings, French Fries, Fruit Alternate: Sandwich/Chips</p>	<p>31 BREAKFAST Cereal, Toast, Fruit</p> <p>LUNCH Super Nachos, Pretzel, Corn on Cob, Carrots, Fruit Alternate: None</p>	<p align="center">MENU SUBJECT TO CHANGE AS NEEDED</p> <p align="center"><i>Breakfast: 4 oz Fruit Juice & 8 oz 1% white, fat free, or chocolate milk offered. Lunch: 8 oz 1% white, fat free, or chocolate milk. Condiments served. Lactose reduced milk will be provided upon written request. Institution is an equal opportunity provider.</i></p> <p align="center"><i>Breakfast: \$1.55 Elem Lunch: \$2.15 7-12 Lunch \$2.40 Adult Lunch \$3.70 Extra Milk .40 2nd lunch \$1.00</i></p>		